

**The Rockville-Montgomery Swim Club
presents**

**The Eighth Annual
RMSC Kick-Off Invitational
October 17-19, 2008**

Sanctioned by United States Swimming

Through Potomac Valley Swimming

Sanction # PVI-09-06

Meet Directors	Dave Kraft 301-774-9328 dmkraft77@aol.com Christa Krukiel 301-468-4276 Christa.Krukiel@montgomerycountymd.gov
Location	Martin Luther King, Jr. Swim Center 1201 Jackson Road Silver Spring, MD 20904 301-989-1206
Dates and Times	<u>Friday, October 17, 2008</u> Warm-up: 4:30-5:10pm Events: 5:20pm <u>Saturday, October 18 and Sunday, October 19, 2008</u> Men 9-10 / Women 9-10 / 11-12: Warm-up 6:30-7:20 AM; Events 7:30 AM Men 11-12 / 13-Over: Warm-up: 10:30-11:20 AM Events: 11:30 AM Women 13-Over: Warm-up 4:00-4:50 PM; Events 5:00 PM <u>Session start times will likely be adjusted dependent on the number of entries.</u>

Eligibility	Open to invited United States Swimming Athletes of the following clubs: RMSC, FAST, FISH, MACH, Swimmers shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints. Please get entries in early.
Inclusion Policy for Swimmers with a Disability	PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD . Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
Rules	<p>Current United States Swimming rules shall govern the meet. All events are timed finals. A contestant may enter no more than three individual events per day, and no more than six individual events for the meet. Friday distance events will be swum fastest to slowest.</p> <p>In addition, the 500 Free and 400 IM will be swum fastest to slowest.</p> <p>Dive-over starts may be used at this meet at the discretion of the Meet Manager and/or Meet Referee. A determination whether to do so will be made shortly after entries for this meet have been processed.</p>
Distance Events	<p>The meet directors reserve the right to limit the number of entries in distance events, if necessary, based on fastest entry times.</p> <p>13&Over Boys and Girls 1000 free may be limited to 6 heats each (fastest 48 swimmers after positive check-in). Any additional swimmers may be removed from the event.</p> <p>13&Over Boys and Girls 500 free may be limited to 8 heats each (fastest 64 swimmers after positive check-in). Any additional swimmers may be removed from the event.</p> <p>Coaches are asked to enter swimmers in these events with this in mind.</p>
Supervision	Coaches are responsible for the conduct of their swimmers, both at the meet and in the warm-up/warm-down area. Inappropriate behavior will be cause for suspension from the meet and the Martin Luther King, Jr. Swim Center.
Seeding	Seed times are short course yards. Positive check-in will be required in events 200 yards and longer, and possibly for other events, depending on the number of entries received. Information regarding check-in times and procedures will be available the week prior to the meet in the form of an email to each participating club.

Warm-up	The prescribed Potomac Valley warm-up procedures and safety policies will be followed. Continuous warm-up and warm-down will be available throughout the meet.
Timers	Clubs will be responsible to provide their fair share of timers, and will be assigned lanes by the meet manager.
Officials Contact	Certified officials who wish to work at the meet should contact Donna Considine, at donnaconsidine@verizon.net , or 410-531-5521 .
Admission	There is no admission charge. Heat sheets will be available for \$1.00.
Fees	Fees for individual events: \$4.00
Warning	Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the said fine is paid.
Entry Procedures	<p>Computer disk entries require a meet entry report by SWIMMER and a report by EVENT from Team Manager. Also submit a completed "Entry Cover Sheet." Send completed entries, including the name and phone number of a club representative, to</p> <p>Christa Krukiel Montgomery Aquatic Center 5900 Executive Boulevard Rockville, MD 20852-2756 301-468-4276</p> <p>Email procedures (E-mail entries preferred):</p> <p>In subject heading, write "RMSC Kick-Off Entry ****" (with club initials in place of ****).</p> <p>Include the entry file from Team Manager, as well as a report by SWIMMER and a report by EVENT.</p> <p>Include total number of swimmers and total number of events, along with contact information (name, phone, email) of a club representative.</p> <p>Email the entry to Christa.Krukiel@montgomerycountymd.gov</p> <p>Send check, including an "Entry Cover Sheet" to Christa Krukiel, at the address below:</p> <p>Christa Krukiel Montgomery Aquatic Center</p>

5900 Executive Boulevard
Rockville, MD 20852-2756

Make Checks payable to: **“MCRD” (Montgomery County Recreation Department).**

Each club is requested to remit one check to cover the entry fees for the entire team. Please do not send cash. Entry Fees are due with entries.

Deadline

Entries are due by 5:00pm on **Tuesday, October 7.** Late entries and deck entries WILL NOT BE ACCEPTED, as this meet will fill to capacity.

Session 1

Friday Program- 17 October 2008

Warm-up: 4:30pm-5:10 pm Events: 5:20pm

Girls Event	Event Description	Boys Event
1%	12 & Under 500 Free	2%
3%	13 & Over 1000 Free	4%

% positive check-in will close by 5:00 PM

Session 2

Saturday Morning Program – 18 October 2008

Warm-up: 6:30-7:20 AM Events: 7:30 AM

Event Description	Event
Girls 11-12 200 Breaststroke	5 %
Girls 9-10 50 Backstroke	6 %
Boys 9-10 50 Backstroke	7 %
Girls 11-12 50 Backstroke	8 %
Girls 9-10 200 IM	9 %
Boys 9-10 200 IM	10 %
Girls 11-12 200 IM	11 %
Girls 9-10 100 Butterfly	12 %
Boys 9-10 100 Butterfly	13 %
Girls 11-12 100 Butterfly	14 %
Girls 9-10 50 Breaststroke	15 #
Boys 9-10 50 Breaststroke	16 #
Girls 11-12 50 Breaststroke	17 #
Girls 9-10 100 Freestyle	18 #

Boys 9-10 100 Freestyle	19 #
Girls 11-12 100 Freestyle	20 #
5 Minute Break	
Girls 11-12 200 Backstroke	21 #

% positive check-in will close by 7:00 AM

positive check-in will close by 8:00 AM

Session 3

Saturday Afternoon Program – 18 October 2008

Warm-up: 10:30-11:20 am Events: 11:30 AM

Event Description	Events
Boys 11-12 200 Breaststroke	22 %
Boys 13 & Over 100 Backstroke	23 %
Boys 11-12 50 Backstroke	24 %
Boys 13 & Over 200 IM	25 %
Boys 11-12 200 IM	26 %
Boys 13 & Over 200 Butterfly	27 %
Boys 11-12 100 Butterfly	28 %
Boys 13 & Over 100 Breaststroke	29 #
Boys 11-12 50 Breaststroke	30 #
Boys 13 & Over 50 Freestyle	31 #
Boys 11-12 100 Freestyle	32 #
Boys 13 & Over 500 Freestyle	33 #
Boys 11-12 200 Backstroke	34 #

% positive check-in will close by 11:00 AM

positive check-in will close by 12:00 PM

Session 4

Saturday Evening Program – 18 October 2008

Warm-up: 4:00-4:50 PM Events: 5:00 PM

% positive check-in will close by 4:30 PM

positive check-in will close by 5:30 PM

Event Description	Events
Girls 13 & Over 100 Backstroke	35 %
Girls 13 & Over 200 IM	36 %
Girls 13 & Over 200 Butterfly	37 %
Girls 13 & Over 100 Breaststroke	38 #
Girls 13 & Over 50 Freestyle	39 #
Girls 13 & Over 500 Freestyle	40 #

Session 5

Sunday Morning Program – 19 October 2008

Warm-up: 6:30-7:20 AM Events: 7:30 AM

Event Description	Girls Events
Girls 11-12 200 Butterfly	41 %
Girls 9-10 200 Freestyle	42 %
Boys 9-10 200 Freestyle	43 %
Girls 11-12 200 Freestyle	44 %
Girls 9-10 100 Breaststroke	45 %
Boys 9-10 100 Breaststroke	46 %
Girls 11-12 100 Breaststroke	47 %
Girls 9-10 50 Butterfly	48 %
Boys 9-10 50 Butterfly	49 %
Girls 11-12 50 Butterfly	50 %

Girls 9-10 100 Backstroke	51 #
Boys 9-10 100 Backstroke	52 #
Girls 11-12 100 Backstroke	53 #
Girls 9-10 50 Freestyle	54 #
Boys 9-10 50 Freestyle	55 #
Girls 11-12 50 Freestyle	56 #
Girls 9-10 100 IM	57 #
Boys 9-10 100 IM	58 #
Girls 11-12 100 IM	59 #

% positive check-in will close by 7:00 AM

positive check-in will close by 8:00 AM

Session 6

Sunday Afternoon Program – 19 October 2008

Warm-up: 10:30-11:20 AM Events: 11:30 AM

Event Description	Events
Boys 11-12 200 Butterfly	60 %
Boys 13 & Over 200 Freestyle	61 %
Boys 11-12 200 Freestyle	62 %
Boys 13 & Over 200 Breaststroke	63 %
Boys 11-12 100 Breaststroke	64 %
Boys 13 & Over 100 Butterfly	65 %
Boys 11-12 50 Butterfly	66 %
Boys 13 & Over 200 Backstroke	67 #
Boys 11-12 100 Backstroke	68 #
Boys 13 & Over 100 Freestyle	69 #
Boys 11-12 50 Freestyle	70 #
Boys 13 & Over 400 IM	71 #
Boys 11-12 100 IM	72 #

% positive check-in will close by 11:00 AM

positive check-in will close by 12:00 PM

Session 7

Sunday Evening Program – 19 October 2008

Warm-up: 4:00-4:50 PM Events: 5:00 PM

Event Description	Girls Events
Girls 13 & Over 100 Butterfly	73 %
Girls 13 & Over 200 Freestyle	74 %
Girls 13 & Over 200 Breaststroke	75 %
Girls 13 & Over 200 Backstroke	76 #

Girls 13 & Over 100 Freestyle	77 #
Girls 13 & Over 400 IM	78 #

% positive check-in will close by 4:30 PM

positive check-in will close by 5:30 PM